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Studying the relationship between illogical beliefs and general health among personals of imam sajjad hospital in ramsar township

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Abstract

General health of individuals varies according to different characteristic factors, including their beliefs. The present study was done with the objective of the relationship between illogical beliefs and general health among personnel of Imam Sajjad hospital in Ramsar Township. 100 nurses (80 female and 20 male) were chosen by the method of available sampling. In this study questionnaire of general health of Goldeberg (consists of 28 questions) and questionnaire of illogical beliefs (IBT) have been used. For analyzing the data, t test of dependent groups, correlation test and regression were used. There is not a meaningful relationship between general health and illogical beliefs. There is not a meaningful difference between the general health and illogical beliefs of men and women. Using specific grants by nurses and social support causes to improve the general health.

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Introduction

Health which is considered as being completely well according to physical, psychological and social health in the articles of association of the world health is an issue that allocates many studies, and studies done in recent years which were about psychological health and general health, clearly show the close relationship of personal, psychological and health factors. Aristotle believed that some of the psychological factors cause to illness, and then some of the researchers found some psychological illnesses. Illnesses like ulcer, blood pressure, asthma, etc. then illnesses were devised into two groups, illnesses of physical and organic reasons and illnesses that had a psychological root (fathi,2006). Dimatteo believes that health is not just not being it wills, a person may not have any problem according to pathology, but is not healthy. It means that any offset in the emotional condition or action of a person that is abnormal, shows that the person is not healthy. Shafiabadi (2004) believes that a healthy person is who that according to the psychological functions, including thoughts, emotion, understanding and behavior doesn't have any problem, and functions his responsibilities well toward his family and the society.

Felin believes that the importance of a belief is that it has a relationship with the person's other beliefs; so a belief can influence the person's other beliefs (according to fayyaz and kiani , 2008). According to Albert Ellis theory of intellectual – emotional, having a sequence of illogical thoughts and beliefs can cause to a disorder in the personal

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relationship of a person. In fact, illogical thoughts are those invalid and unrealistic thoughts that cause to behavioral and connubial disorders (shafiabadi and Naseri , 2007). In an interview by Michael and E Bernal in 2009 , Ellis told that illogic beliefs have a stronger biological base and he believed that these kinds of beliefs cause to more psychological problems , while logical beliefs has a specific role in the individual's success. Ellis demonstrated that getting away the self abasement and considering self analysis will increase the person's level of failure in connubial relationships and at last causes to success and progress (Hunter, 2006). Different studies about the relationship between general health and illogical beliefs have shown that illogical beliefs are those psychological processes which may cause to mental and psychological disorders. Kivimaki and Vahtera (2005) studied the health variation of 5007 personnel's after the death of their relatives or after the start of a chronic disease. The results showed that individuals who had a high degree of logical beliefs in their lives will be ill less than illogical individuals and will remember past bitter events less than them.

The results suggested that illogical and stressful individuals had higher blood pressure than logical individuals. One of the researches which was done in this case is the research of Hadadi Kohsar and Roshan(2007)that its results did not show a meaningful difference in the psychological health of two groups of university students whose fathers were killed in the war(shahed students)and students whose fathers are alive(non-shahed students)showed a meaningful difference in the emotional sense of these two groups. Mohammadiun(2006)in a research showed that there is a meaningful difference between the psychological health of male and female nurses. The results of the research suggested that the psychological health of female nurses is higher than the male nurses. Nasei, Najjarian and Poorfaraji(2001)studied the educational function of and physical and psychological health of high school students who did not have a father, which these kinds of students with high social support had higher physical and psychological health than same students without any social support. Ghanbari Najafabadi(1995)through a study understood that the depression rate of shahed students is more than non-shahed students.He also found out that the depression of male shahed students is meaningfully more than female shahed students. In the study of shahed children, Ghahari, Mehriar and Birshak(2003)understood that shahed girls suffer from psychological disorders less than shahed boys. Jill and Mara(2004)in their research showed that self-respect will be destroyed in boys who do not have a father more than in girls.Nenin(2008)in his research showed that illogical beliefs could have serious destructive effects in the house or at work and may influence facing the environment around. Most of the problems at work include stress about the efficiency of the job , fear from losing the job and being angry of the boss and coworkers (according to poorshayegan and others 2002). Concept researches mean that a person beliefs can influence his concept of his job efficiency, his job environment and its conditions like his coworkers and boss. Amini (2005) showed that there is a relationship between illogical beliefs and the rate of job satisfaction. Poorshayegan and his coworkers (2005) in their research concluded that there is a negative relationship between illogical beliefs and psychological health. Shamsi and others (2005) also concluded that there is a relationship between illogical beliefs and the rate of psychological health. Poorshaygan and his coworkers' research about the difference in illogical beliefs in men and woman showed that among female consultants there is a meaningful relationship between the subscales of their over expectancy of themselves, reaction to the failure and failure in changing the total score of illogical beliefs. While in male consultants there is a meaningful relationship between over expectancy of themselves and total score of the psychological health. Ghasemi (2010) in his research concluded that there is a relationship between ideology , thoughts (beliefs) and depression. In this study it became clear that woman are more logical than men , but shamsi in his studies found out that there is not any difference in the illogical beliefs of men and women.

2.Method

The case studies of this research are Imam Sajjad's nurses in Ramsar that are about 100 nurses. The case study included 20 male nurses and 80 female ones. The method of sampling in this research was available – like sampling. Goldeberg general health questionnaire with 28 questions was used for the evaluation of the scale of general health. This questionnaire consists of 4 subtests that each of them had 7 questions. The lower score means the higher general health. Therefore, the person's score varies from 0 to 84. For the study of reliability of this questionnaire,

Taghavi (2001) studied 75 university students of medical university in shiraz. It was studied by three methods: reevaluation , impromptu and kronbakh alfa , in which reliability coefficients like 0/70 , 0/93 and 0/90 were achieved , sequence. The correlation coefficients between subtests of this questionnaire and the total score were satisfactory and were between 0/72 and 0/87. The result of analyzing the factors showed the factors of depression, stress, problems in the social functions and physical symptoms in this questionnaire which totally suggested more than 50% variation of the whole test. Jones questionnaire of illogical beliefs (IBT): This questionnaire is provided according to Albert Ellis theory and studies all types of illogical beliefs. It should be noted that the questionnaire includes subscales of expectation of being supported by others, over expectation of themselves (participants), blaming themselves (participants), reaction with weakness, emotional irresponsibility, anxiety with stress, avoiding the problem, dependence, being unable to change and the desire to the ideal perfection. In the study of Taghipoor (2010) the reliability and validity were calculated 0/76.

3.Findings

In this study the average age of participants is 31/52 and the standard digression is 4/99. And there were 86 (0/86) B.A participants and 14 (0/14) M.A. ones.

Table 1: studying the illogical beliefs and general health by the regression method (stepwise)

	Total squares	df	Average squares	F	Being meaningful	R2
Regression	8937/89	1	8937/89	6/46	0/013	0/249
Rest	135558/5	98	1383/25			

According to the results of the above table, illogical beliefs can anticipate the general health, so the rate of calculated f ($f = 6/46$) which according to being meaningful ($\text{sing} = 0/073$) is meaningful at the $P < 0/01$ level. Therefore, illogical belifes and its dimensions anticipate 24% of the general health. The following table shows the rate of Beta coefficients.

Table 2 – Beta rates in studying illogical beliefs and general health

	B	Beta	T	Being meaningful
The consistant rate	188/79		13/31	0/000
General health	1/21	0/249	2/54	0/013

Discussion and conclusion

The objective of the present research is studding the relationship between illogical beliefs and general health among the personnel's of Imam sajjad hospital in Ramsar township. The findings are correlate to findings of Piterson (2000) , Ghanbari Najafabadi (1995) , Jill and Mara (2004) , Poorshayegan and his coworkers (2005) , Shamsi and others (2005) , Ninen (2008) and Ghasemi. Studying the findings of present research has shown that there is a meaningful relationship between the university student's illogical beliefs and general health. It means that if their illogical beliefs increase, their general health decreases. If a person has more illogical beliefs and thoughts that Ellis mentioned, the rate of facing the emotional and behavioral disorders will increases. Moreover , some of the results show that illogical thoughts ,the expectation and validity by others , over expectation of themselves , reaction to the failure , anxiety with stress , being unable to change and the desire to the perfection have a significant role in the emotional disorders , especially depression.

The relevant researches related to the developed communities like U.S. show that wealth and a lot of facilities correlate with anger, despair and loneliness; in other words, people will not be happier according to their wealth.

Due to the decrease of birth and increase of hope to life, the department related to the aging adults is increasing in which the age related diseases will increase (Hadadi Kohsari , 2007).

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